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**Happiness**

**By Joyce C. Lock**

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We convince ourselves that life will be better when we have a baby or another one. When we finally get what we thought we wanted, we find ourselves exhausted. Then, we conclude we will be more content when the children are older.

Only, they do get older. Then, we have teenagers to deal with. Surely, happiness will come once they have outgrown that stage. But, no, wait. They leave the nest.

We tell ourselves that life will be complete when our spouse gets their act together, when we get a nicer car, when we get a raise, when we have grandchildren, or when we are able to go on a nicer vacation.

The truth is, there is no better time to be happy than right now. If not now, when? Your life will always be filled with challenges. It is best to admit this to yourself and decide to be happy anyway.

There is no way to happiness. Happiness is the way. So, treasure every moment that you have and treasure it more because you shared it with someone special enough to share your time with; and remember that time waits for no one.

Stop waiting until you finish school, until you go back to school, until you lose ten pounds, until you gain ten pounds, until you start work, until you retire, until you get married, until you get divorced, until Friday night, until Sunday morning, until you get a new home, until your home is paid off, until spring, until summer, until fall, until winter, until you get approved for disability, until you are off welfare, until the first or the fifteenth, until your song comes on, until you have had a drink, until you have sobered up, until you die, until you get to heaven to decide to be happy.

Happiness is a journey, not a destination.

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## Happiness

<http://my.homewithgod.com/blessingsandlessons/>

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Joyce C. Lock is a published author, poet, and columnist. In addition, she founded and maintains the email ministries "Heavenly Inspirations" <http://groups.yahoo.com/group/HeavenlyInspirations/> and "Share a Smile" <http://groups.yahoo.com/group/smilesaring/> . Joyce's writings encourage us in our relationship with God and each other.

improve your life and find your happiness. Only 9.95Seven ways to improve your life and find your happiness.

### **Three Inspirations for Happiness**

**By David Leonhardt**

The following three inspirations were adapted from A Daily Dose of Happiness, and they represent three key ways to increase our happiness.

#### 1. FORGIVING FOR HAPPINESS

We like to think we are better than our friends below us in the food chain, such as the octopus and the snail. After all, we have love. We feel happiness. We have empathy. We have a conscience. We can reason.

We can also hold onto grudges.

Grudges are, in fact, prickly little creatures that worm their way into our hearts. Holding onto them is a self-defeating exercise.

Fortunately, forgiveness is also uniquely human. Forgiveness cleanses the spirit. Forgiveness let's us get on with enjoying our lives instead of being preoccupied with someone else's. Forgiveness opens the door to happiness.

#### 2. SUPPORTING FOR HAPPINESS

When things seem to be very bleak, it does not take much to lift someone's spirits. Sometimes all it takes is to let somebody know they are not alone.

That is why it is so important to smile at people, especially if they look down. And if you know what is weighing the person down, let them know they are not alone. Don't go burdening them with all your miseries, but let them know you have been there.

Guess what? You will feel happiness for having helped them, too.

## 3. ACCEPTING FOR HAPPINESS

There is no such thing as happiness if you are not at peace with yourself. Too many people just don't know how to make peace with themselves.

Peace begins with acceptance. Whether we agree with everything we do (like the environmentalist who sometimes throws out a recyclable container), it is important to accept what we do.

Do we always make the best choices? No. But they are the choices we make.

Do we always treat people with the most respect? No. But it is how we treat people.

Can we improve? Yes, and we should. But that is a project for the future. First we must accept who we are now, rather than condemning ourselves. Then we can move to improve the person we will be tomorrow. Both acceptance today and improvements tomorrow will increase our happiness.

This inspiration first appeared in A Daily Dose of Happiness:

Get the best Daily Doses in a free ebook:

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on happiness:

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Three Inspirations for Happiness

Where Do We Find True and Lasting Happiness?

The Year Of Happiness

A Happiness Poem

Reap Your Own Happiness



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